DINNERLY



Feed-A-Crowd Beef Spag Bol:

Same Meal Price, Double the Portions!





30 minutes 2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- · 2 carrots
- · 500g spaghetti 1
- beef mince
- 20g Italian seasoning ¹⁷
- 2 x 200g tomato passata
- * The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- · 2 garlic cloves
- · 1tbs olive oil
- · 2 tbs tomato paste
- · 1tsp sugar

TOOLS

- · large saucepan with lid
- · large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 660kcal, Fat 18.0g, Carbs 85.4g, Proteins 32.7g



1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**. Peel the **carrots**, then finely chop.



2. Cook pasta

Cook three-quarters of the pasta* in the pan of boiling water for 12 mins or until al dente. Reserve 375ml (1½ cups) cooking water, then drain the pasta. Return to the pan and cover to keep warm.



3. Brown beef

Meanwhile, heat 1 tbs olive oil in a large deep frypan over medium heat. Cook the onion, garlic and carrot, stirring occasionally, for 5 mins or until the carrot is softened. Increase the heat to high, add the beef mince and cook, breaking up the lumps with a spoon, for 3-4 mins until browned.



4. Simmer bolognese

Add the Italian seasoning and 2 tbs tomato paste to the beef mixture and cook, stirring, for 1 min or until fragrant. Add the passata, reserved cooking water and 1 tsp sugar and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 8-10 mins until slightly thickened. Taste, then season with salt and pepper. Remove the pan from the heat.



5. Serve up

If your pan is big enough, add the **bolognese** to the pasta and toss to combine. Or, simply divide the **pasta** (see Feed A Crowd) and bolognese among bowls to serve. Enjoy!



6. Feed A Crowd

Is your pasta sticking? Drizzle with a little olive oil and toss to loosen before serving.